

Celebrity Buzz

La Toya Jackson suspects murder

pg 14



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EDMONTON • MONDAY, JULY 13, 2009

metronews.ca

Going Green

Non-stick cookware debate

pg 8



Missing man found dead in lake

DEATH The search for a man missing on Lake Isle has had a tragic ending.

The body of 35-year-old Vernon Olson was found floating in the lake by a fisherman around 10:30 yesterday morning.

The Edmonton man was reported missing one week ago, when his cellphone was found on the lake, and a stolen canoe was found floating abandoned.

Searchers — including police dogs and helicopters — scoured the lakeshore and the water, in hopes of finding the missing man. A heavy, mid-week downpour and severe winds hindered search efforts. The last organized search was held Saturday.

Mounties are confident Olson's death was an accident.

METRO EDMONTON

Workology pg 11



Next wave of radio

Entertainment pg 12

Romance in Harry Potter

SunnySide

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Today
• Anne Hines on writing, pg 6



Whyte Avenue businesses showcased some of their finest garments yesterday on the street as a part of Fashion Extravaganza, put on by the Old Strathcona Business Association.

Whyte's artistic wonders

Art Walk celebrates 14th anniversary

SunnySide

GRAHAM MCCANN
for Metro Canada

Online

• More information can be found at art-walk.ca.

Pedestrians and vendors on Whyte Avenue this weekend showed you got to have art.

Artistic inspiration flooded Whyte Avenue over the weekend in the 14th annual Art Walk. Artists of all kinds were there to expose and sell their work to the public and other artists.

"We are really happy to see Whyte Avenue opened to pedestrians. We'd like to see it open more frequently, it's a great use of the space," said Laurie McCaffrey, with her two-year-old daughter who was enjoying bubbles being blown at one of the kiosks, as well as a lot of the food being sold.

She added that this is the first time she has been to the Art Walk because this is the first time she has heard of it.

There was a great diversity of art — not only in the varying styles of painting, but in the type of art, such as sculpting, music, and even a fashion show.

"I love the connection with the people on the

street and you get to talk to your customers one on one which is great," said Catherine Marchand, who came back for her fourth year, and was displaying her portrait artwork.

"I got people coming back year after year to look for me," Marchand added. It's a nice venue, it's wonderful, the atmosphere, the music, all the other artists. It's my highlight of the year."

People seemed to continuously stop by Marchand's setup in particular to compliment her on the beauty of her work. It is a chance for younger artists to get their names out.

"It allows me to sell most of my work, which would otherwise just sit around in my studio," said Rachael Rigaux, who recently graduated from fine arts at the U of A. "It allows other people to enjoy my art, and share what I see in art."

ShareYourViews

edmontonletters@metronews.ca

Critics demand identity of do-not-call list violators

CRTC Opposition critics are demanding a federal regulator identify telemarketers thumbing their noses at do-not-call list rules instead of protecting them from public scorn.

The Canadian Radio-tele-

vision and Telecommunications Commission (CRTC) refuses to name two telemarketers recently issued violation notices or even make public the amount of fines they face. "We expected real vigi-

lance on behalf of Canadian consumers, not shielding them (the telemarketers) under anonymity," NDP critic MP Pat Martin said. "Half the deterrence of a penalty is the bad publicity you get as being out-

ed as a scofflaw. This do-not-call list is useless if it does not expose the wrongdoers to public outcry."

Martin said few things unite Canadians more than their loathing of tele-

marketers, especially those who refuse to respect the no-call list launched in September 2008. According to the CRTC, nearly seven million phone numbers have been registered.

TORSTAR NEWS SERVICE

City police have charged two people in connection with the city's latest murder. Teddy Preston Francis, 23, and a 15-year-old boy have both been charged with second-degree murder in connection with the death of 38-year-old Floyd James Horvath, who was stabbed to death early Friday morning. **METRO EDMONTON**

Local



Check out Aerosmith

Tickets are still available to see legendary rockers Aerosmith and ZZ Top on Tuesday, Aug. 11 at Commonwealth Stadium. For tickets check out Ticketmaster at ticketmaster.ca. Prices range from \$82.50 to \$502. **METRO EDMONTON**

Putting hemp in your makeup bag

Retailer trying to overcome stereotypes with natural beauty products

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

Leafy green emblems sprouting on bottles and bars of essential personal products are transforming the face of natural beauty, cultivating an expanding marketplace for local retailers.

While hemp-based beauty products have been popping up in mainstream shops increasingly over the years, a new Alberta Av-

enue business has gone completely green.

"Hemp is great," said Hemper-Fi owner Colin Bott. "Your body absorbs it naturally with zero residue."

The shop at 41 Street and 118 Avenue specializes in soaps, lotions, and feel-good products made from locally grown hemp.

While rich in antioxidants, vitamin E, omega 3, 6, 9 and essential fatty acids, the seed-pressed oil contains little to no psy-

"I believe in this product, because it's an answer to a lot of problems."

Colin Bott, store owner

choactive chemicals, unlike it's smokable sister, marijuana.

In spite of stocking sobering products, opening the destination store has been a labour of love. The off-centre location was not for want, Bott said, having

been turned away by a Whyte Avenue landlord.

Regardless, the stigma associated with hemp products, he feels, is slowly going up in smoke, as consumers learn the benefits of hemp.

"Traditionally when people think hemp, they think weed. They're separating more now," he said. "People are becoming educated slowly."

Hemp has thousands of practical uses, Bott added. The rapidly growing plant

can be used in beauty products, building materials to replace wood or plastic and as a biodiesel fuel. If public opinion continues to evolve, it could easily become an invaluable resource, he said.

"It's going to have to become prominent, or the planet will have a big problem," he said. "I'm not a big environmentalist, I don't smoke it, but I believe in this product, because it's an answer to a lot of problems."

Man dies after driving into tree

FATALITY A 23-year-old man is dead after a serious quad collision southeast of Edmonton over the week-end.

The crash took place on Range Road 145, about five kilometres north of Highway 53 near Forestburg around 8:30 Saturday morning.

Mounties believe alcohol may have been a contributing factor as to why the driver smashed into a tree.

He was taken to Daysland Hospital with massive head injuries, and was pronounced dead on arrival. He was not wearing a helmet at the time of the accident.

Identification of the victim is being withheld pending notification of next of kin.

METRO EDMONTON

Mounties warn public about sex offender

VICTORIA HANDSIDES
victoria.handsides@metronews.ca

RELEASED A convicted sex offender considered a serious threat to children was released from prison yesterday, Mounties warn.

"We would be remiss not

to tell the public about this guy," Spruce Grove RCMP Const. Lori Blaylock said.

Gary Joseph Robins, 44, was released from prison after finishing an 18-month sentence for sexual interference. His lengthy criminal history includes sexual offences against girls under 16.

Officials are alerting the public that Robins plans to live at Spruce Grove's Mo-

bile City Estates trailer park, under a number of conditions.

One by one, residents of the trailer park are being warned Robins has made the move to the area.

"There are a lot of young families there," Blaylock said.

"We would be remiss not to tell the public about this guy."

Const. Lori Blaylock

He's banned from having any contact with children under 14, in person or electronically. He's also banned from public pools, parks, day care centres, or anywhere children may be present.

Officials consider Robins untreated.

Blaylock said that in Robins' past offences he has blamed those he victimized, saying his temptation was caused by the victims being near him.



The many creations of the 50th annual Sourdough Raft Race make their way down the North Saskatchewan River yesterday after launching from Terwillegar Park.

Wackiness rules the day at annual raft race

CANDICE WARD
for Metro Edmonton

CREATIONS It was like a scene from a Weird Al music video yesterday down at Terwillegar Park as the pirates of the North Saskatchewan set sail.

Celebrating the 50th an-

nual Sourdough Raft Race, partnered with the Youth Emergency Shelter Services (YESS), spectators saw such creations such as a pirate ship, a giant Lego block and even a big rig.

"It is just something totally different than other festivals," said Jacqui Damur, event co-ordinator

for the Sourdough Raft Race Association.

The event drew crowds young and old as teams competed for cash prizes and tried to avoid the not-so coveted "Titanic" award.

"That is for anyone who sinks and has to be towed in," said Damur.

metronews.ca

What's online today.

Video A Canadian general says Afghan insurgents are in "disarray" after arrival of extra U.S. troops at metronews.ca/world
Video Analysts expect the release of grim economic data to take a toll on stock markets and plunge it into a bear market at metronews.ca/canada

Lotteries

Friday, July 10

Lotto Super 7: 17, 25, 30, 31, 33, 44 & 46. Bonus 47.

Saturday July 11

Lotto 6/49: 9, 11, 18, 23, 29 & 40. Bonus 26.

These results are not official.



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Harper apologizes for remark mix-up.

Prime Minister Stephen Harper apologized Friday after he publicly attacked his rival Michael Ignatieff for a comment the Liberal leader never made. **METRO NEWS SERVICES**

3

Canada



Queen to visit in 2010

The Queen and her husband, the Duke of Edinburgh, have accepted an invitation to visit Canada next year, Prime Minister Stephen Harper announced yesterday, according to CBC News Online. The tour will be the Queen's 24th official visit to Canada. She and Prince Philip last visited Canada in 2005. Further details on the dates and locations for the 2010 visit will be provided at a later date, the Prime Minister's Office said in a statement. **METRO NEWS SERVICES**

Roadside bomb attacks rise

Brain injuries up among Canadian troops as IED blasts hit record levels

Coalition troops in Afghanistan are being attacked by roadside bombs at record levels, leaving Canadians soldiers with a legacy of traumatic brain injuries that health experts are grappling to understand.

And the mental toll of having to patrol bomb-seeded roads is expected to show itself in the years ahead in a spike in the number of soldiers with post-traumatic stress disorder, military officials say.

"The view is, clearly, when you're involved with an IED (improvised explo-

sive device), that you may have traumatic brain injuries," said Maj.-Gen. Walter Semianiw, chief of military personnel.

"If you've been exposed to a (traumatic brain injury) the prevalence of then having PTSD may be higher. The facts are very clear," he said in an interview.

"The biggest challenge is not here and today. It's in five years and 10 years ... Are they going to get the support they need?" Semianiw said.

As NATO forces launch offensives in southern

92 The number of coalition soldiers killed by roadside bombs, up 21 per cent from 76 during the same period last year. The number of wounded was up by 46 per cent — 467 compared to 320.

Afghanistan, insurgents are fighting back with homemade bombs at levels never before seen in the eight-year-old conflict.

By the end of June, there had been 2,508 "incidents" involving improvised explosive devices this year, a 60 per cent increase over

the same period last year, according to statistics from the Pentagon.

July is shaping up to be a record month, with at least 28 coalition troops killed so far by improvised explosives. On Saturday, a roadside bomb killed two U.S. Marines. A day earlier, British officials announced that eight of their soldiers were killed in a 24-hour period.

While commanders say the bombs are the weapons of cowards, they have proven effective.

TORSTAR NEWS SERVICE

B.C. Court's decision grounds ski jumpers

VANCOUVER 2010 Games

KRISTEN THOMPSON
Metro Canada



Women barred

• Ski jumping is the only sport in the Olympic Winter Games that doesn't have a women's component.

A lawyer representing 15 female ski jumpers said he needs time to consider whether to appeal a recent B.C. Supreme Court decision not to order VANOC to let women jump in the 2010 Games.

"We're disappointed ... but respect the judge's ruling," Ross Clark said.

On Friday, Justice Lauri Ann Fenlon ruled VANOC isn't violating Canada's Charter of Rights by not staging women's ski jumping.

Fifteen women had gone to court seeking to take part in the Olympics or cancel men's ski jumping as well.

While Fenlon agreed that excluding women is discriminatory, she said it's the IOC's decision — not

VANOC's.

The Charter of Rights does not have jurisdiction over the IOC.

Katie Willis, a Calgary-based ski jumper and one of the plaintiffs in the case, said she was disappointed by the news.

"It's awful that we lost, but I'm glad we tried," Willis said.

Jessica Jerome, an American jumper, said the news has left her "extremely disheartened."

"This decision will affect a lot of talented skiers," she said.

The IOC responded by saying that decisions regarding Olympic programs are "very carefully considered" years in advance.

News in brief

GUIDELINES Charities that use the bulk of their donations on high-priced fundraisers, or lie to donors to get money, face tough new rules making it easier for the government to suspend or revoke their charitable status. The guidelines, introduced after a year of consultation, attempt to bring order to the 83,000 charities in Canada.

SWINE FLU Pregnant women who catch the influenza A (H1N1) virus, also known as swine flu, are at greater risk than the general public of developing complications, which could lead to miscarriages, the Public Health Agency of Canada says.

DEFICITS PM Stephen Harper has scrapped his government's controversial promise to stop running annual budget deficits in five years. Harper said Friday that keeping the government's pledge to balance Ottawa's books by 2013-14 will depend on how quickly Canada's economy recovers.

TORSTAR NEWS SERV-

Calgary Stampede wraps up



Keiran Hughes holds his daughter Mckailyn, 4, on his shoulders yesterday to get a better view over the crowd of people on the last day of the Calgary Stampede.

Wife charged in murder of former boxing champ

The Brazilian wife of former Canadian world boxing champion Arturo Gatti has been charged with his murder, police said yesterday.

Italian-born Gatti, who was 37, was found dead on Saturday in the holiday flat the couple had rented in the northern Brazilian seaside resort of Porto de Galinhas.

Amada Rodrigues, 23,

was being held in custody in the Atlantic port city of Recife, capital of Pernambuco state, police said.

"She is the only suspect," a spokesman for Pernambuco police told Reuters by telephone.

Gatti was IBF super featherweight champion in 1995 and WBC super lightweight champion in 2004. He retired in 2007. **REUTERS**



Gatti

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WEST EDMONTON MALL

A 6.0 magnitude quake hit southern Peru early yesterday but there were no reports of damages or injuries. **REUTERS**

World



Shuttle launch postponed again

Heavy clouds near the Kennedy Space Center forced NASA to call off yesterday's launch of the space shuttle Endeavour on a mission to deliver a Japanese-built porch to the International Space Station. The launch was rescheduled for today. It was the fourth delay of Endeavour's flight. Two launch attempts last month were scuttled by hydrogen fuel leaks and a third try Saturday ended when NASA ordered checks of the shuttle's electrical systems following lightning strikes. **REUTERS**

Four killed in church attacks

IRAQ Bombs exploded outside five Christian churches in Baghdad yesterday, in apparently co-ordinated attacks that killed four people and wounded more than 30, Iraqi police said.

In the most serious attack, a car bomb exploded near a church in eastern Baghdad, killing four people and wounding 21. A police source said at least eight Christians were among the wounded.

The bloodshed that followed the U.S.-led invasion in 2003 has largely faded, but violence continues, especially in ethnically and religiously mixed areas.

Honduras could offer amnesty

COUP Honduran interim leader Roberto Micheletti said yesterday ousted president Manuel Zelaya would not be allowed to return to power under any conditions but could be granted an amnesty if he comes home quietly to face justice.

"If he comes peacefully first to appear before the authorities ... I don't have any problem (with amnesty)," Micheletti told Reuters in an interview at the presidential palace in Tegucigalpa. But the interim president repeated that Zelaya would not be reinstated as president "under any conditions." **REUTERS**



An Afghan National Army soldier looks from behind his machine gun during a joint patrol with U.S. and French troops in the village of Hajian yesterday.

Afghan escalation

Taliban responding to U.S. surge with violence

A roadside bomb killed two U.S. Marines in southern Afghanistan, the U.S. military said yesterday, the latest deaths in an escalation of violence that has put pressure on coalition leaders over their war strategy.

Thousands of U.S. Marines and hundreds of British soldiers have been fighting major new offensives in the past 10 days in Helmand province, a Taliban stronghold and Afghanistan's biggest producer of the opium that funds the insurgency.

The assault by U.S. Marines, Operation Strike of the Sword, is the first major operation under U.S. President Barack Obama's

new regional strategy to defeat the Taliban and stabilize Afghanistan, which holds a presidential election on Aug. 20.

Violence has flared again throughout Afghanistan since the operation began on July 2, with attacks in traditional Taliban strongholds in the south and east as well as in relatively more peaceful areas in the north and west.

The Taliban backlash has put pressure on leaders in Washington and London, who say U.S. and other NATO-led troops have pushed back Taliban insurgents but that a lot of tough fighting remains to be done during the summer.

A third soldier serving

with NATO-led forces in the south died on Friday from wounds received in June, the alliance said in a statement issued yesterday. No other details were available.

Washington is pouring in extra troops under Obama's new strategy, with numbers set to more than double to 68,000 by the end of the year.

British troops mounting their biggest operation of the campaign in Afghanistan have also suffered under the Taliban backlash, with 15 confirmed killed in a 10-day period, including five in two roadside bomb blasts on Friday. Taliban casualty figures were not immediately available. **REUTERS**

Sotomayor hearing opens Supreme Court debate

U.S. Sonia Sotomayor looks almost certain to emerge from U.S. Senate hearings this week poised to become the first Hispanic member of the U.S. Supreme Court.

But political debate over U.S. President Barack Obama's plans for the top U.S. court has only begun. Republicans are ready to resist what they fear could be a sharp leftward turn for the court under Obama's Democratic administration, reversing a steady tack to the right under former Republican president George W. Bush.

Obama, a former constitutional law professor, chose the 55-year-old Sotomayor to replace the now-retired Justice David Souter, who had been one of four liberals on the deeply divided nine-member court. Members are appointed for life.

The president wished his nominee good luck in a phone call from the Oval Office yesterday, expressing "his confidence that Judge Sotomayor would be confirmed to serve as a justice on the Supreme Court for many years to come,"

the White House said.

A daughter of Puerto Rican parents who grew up in a public housing project in New York, Sotomayor's story of tough beginnings



and Ivy League education mirrors Obama's own while her long experience as prosecutor and appeals court judge gives critics few opportunities to attack her credentials.

"I suspect she will be confirmed, but I would hope it does not turn into a partisan fight for the good of the courts and the good of the Supreme Court," the Judiciary Committee's Democratic Chairman Patrick Leahy said on the CBS Face the Nation show yesterday.

Legal experts parsing Sotomayor's rulings for clues to her positions on everything from abortion to gun control have come up with little, although most agree she will not change the court's ideological balance which has been split with four liberals and five conservatives. **REUTERS**

News in brief

CIA The CIA withheld information from U.S. Congress about a secret counterterrorism program on orders from former vice-president Dick Cheney, a U.S. senator said yesterday amid calls for an investigation. Democratic Senator Dianne Feinstein told Fox News yesterday that CIA Director Leon Panetta disclosed Cheney's involvement when he briefed members of Congress two weeks ago. She said Panetta told them he had cancelled the program.

CHINA An uneasy calm returned yesterday to China's riot-hit Urumqi where 184 people died in ethnic violence a week ago, though the official tally of dead could rise, a regional official indicated. According to the official count, 137 of those killed were Han Chinese and 46 were Uighurs who share cultural bonds with Central Asian peoples. The death toll could rise further. Xinjiang's governor yesterday raised the number of injured to 1,680, of which 74 were critically injured, from the previous figure of about 1,000. **TALKS** A meeting of the prime

ministers of India and Pakistan on the fringes of the Non-Aligned Movement Summit this week could set the stage for a dialogue between the rivals that was stalled after last November's attack in Mumbai. Indian Prime Minister Manmohan Singh and his Pakistani counterpart Yusuf Raza Gilani will meet in Sharm-el-Sheikh in Egypt. Pakistan has been pushing for the resumption of the five-year-long peace talks broken off by India after the Mumbai attacks, which India blames on Pakistan-based militants. Peace between the two nuclear-armed rivals had helped boost bilateral trade to over \$1 billion US.

RELEASE Al Qaeda's North African wing has freed a Swiss hostage, the last remaining Westerner the group had been holding in the Sahara, the government of Mali said yesterday. Werner Greiner was captured in late January with three other Westerners while attending a music festival near the Niger-Mali border. Two women in the group were freed before Edwin Dyer, a British man, was executed in May. **REUTERS**

Israel Settlement issue



Israeli Prime Minister Benjamin Netanyahu lays a wreath during a memorial ceremony for Theodore Herzl, the founder of modern Zionism, in Jerusalem yesterday. A Palestinian official said yesterday Palestinians reject any limited Jewish settlement construction in the occupied West Bank.

Kim Jong-il has cancer: S. Korea TV

NORTH KOREA North Korean leader Kim Jong-il has pancreatic cancer and the illness is life-threatening, South Korean broadcaster YTN said yesterday based on information gathered by Chinese and South Korean intelligence sources.

Kim's health is one of the most closely guarded secrets in the reclusive communist state. Kim, 67, was widely thought to have suffered a stroke last year, but there has never been official confirmation.

Kim looked gaunt during a public appearance last Wednesday at a memorial for his father and state founder Kim Il-sung. His health raises questions about succession in Asia's only communist dynasty and who will control its nuclear weapons programs. **REUTERS**

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Are you a wordsmith?

HineSight

Anne Hines

metronews.ca/hinesight

With many people re-thinking their employment options, it's possible some might be considering whether taking up writing may be the way to go.

Working as a freelance writer has many benefits. You always get what you want in the Secret Santa draw and you'll never be troubled by pesky issues such as how to invest your retirement income.

For those wondering if being a writer is right for you, I offer: Are You A Writer?

1. You've just submitted your completed manuscript. Your publisher calls.

Publisher: We love it, it's fabulous, it'll sell millions. (Truthfully, I have never heard a publisher say that, but I dare to dream. What they really say is ... It seems OK. You just need to make it longer.)

You: Longer?

P: Much longer.

You: Would you like me to get taller as well?

P: Can you do that?

You: It's a book. You write until the story is finished and then ... it's finished.

P: I'm a publisher. I know that. We just need you to finish about 6,000 words later.

Do you:

a) Throw a hissy fit, complain the world does not appreciate your artistic vision and you bet no one treats John Grisham

b) Report your publisher to the human rights commission, which will use it as the "Entertaining Call of the Week" in its newsletter.

c) Sit down, write 6,000 more words and feel lucky.

2. You're invited to read at an event alongside a famous, bestselling author. At the book-signing tables, her

lineup snakes out the auditorium, through the parking lot, into a neighbouring township.

You, on the other hand, have time to learn a foreign language.

Do you:

a) Sit and contemplate with delight the success

of your fellow author.

b) Tell your mother she'd better get over to your table right now or you're sending her your therapy bills.

c) Join the crowd and hock the signed copy on eBay.

3. You've written a book that will save humankind. Publishers keep turning it down on the basis of it being 2,356 pages long and almost entirely incomprehensible.

Would you:

a) Self publish. The world needs to know.

b) Call the human rights commission and make its newsletter again.

c) Trim it to 360 words, add a religious scandal and a sex scene and prepare to field publishing offers.

If you answered mostly c's, you'll make millions.

Mostly a's and b's, congratulations, you're a writer.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

SunnySide

like this.

b) Report your publisher to the human rights commission, which will use it as the "Entertaining Call of the Week" in its newsletter.

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Views

It's a done deal, time to let it go Caterina

InTransit

Brian Gould

metronews.ca/gould

I was perhaps the only Edmontonian on the fence as to whether to close City Centre Airport now, but the phased closure compromise allows the city to set itself up as the developer and hold a design competition — important conditions of my support.

In two further votes at the same meeting, LRT funding was redirected from Gorman to NAIT with the support of the mayor and 10 councillors. I'd like to discuss how the airport lands and LRT set the stage

for incredible transit oriented development, but I feel I need to bring some transparency to an ongoing NAIT LRT drama.

In the continuation of a lengthy grudge, northeast Coun. Tony Caterina — a key airport supporter — was the lone councillor against the LRT motions. In late June, Caterina was also the lone vote against funding detailed design, for reasons that require some history.

In mid-January, a seemingly innocuous sentence in an LRT update triggered a heated debate. With NAIT and St. Albert on opposite sides of the airport, the transportation department suggested that LRT planning should "incorporate city council's decision on the future status of the City Centre Airport."

To argue otherwise is absurd, yet that was what I found myself watching to the chagrin of an increasingly frustrated transportation manager, Bob Boutiller. Caterina's subsequent motion was thankfully defeated, but it seems he knows how to hold a grudge. In late January, for example, he voted against appointing the NAIT LRT engineering consultant, and in February he cast the sole dissenting votes against two measures to begin property expropriation — even after the amount of expropriation had been slashed in half.

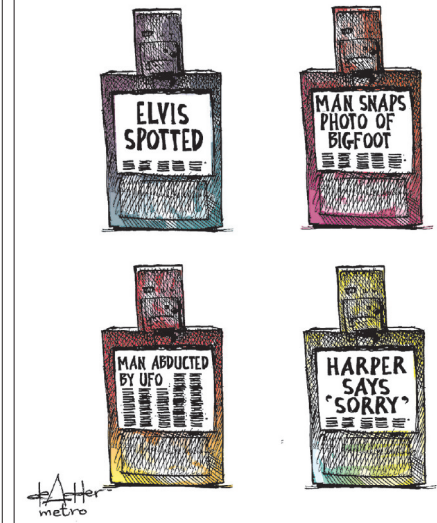
At the same time, he argued against LRT to NAIT because students are "not getting on public transit and carrying their welders with them." NAIT's Student Association rightfully

rebuked Caterina. After all, I was there in 2008 when NAITSA representatives told him their concerns about overcrowding on Route 8 (essentially the LRT precursor to downtown).

Caterina's not the most pro-transit councillor — my recordings from 2008 also have him suggesting that "we should be increasing fares" and "my 16-year-olds ... don't want that bus pass, they want that car" — but this increasing pettiness is getting out of hand. I've had my own reservations about LRT to NAIT, Tony, but it's a done deal. For the good of the city let it go already.

Brian Gould is a transportation planner and has served in a variety of roles with the Transit Riders' Union of Edmonton. He's committed to being car-less and is a vocal critic of auto-centric planning; edmontonletters@metronews.ca.

UNBELIEVABLE HEADLINES



Worth mentioning

A few blue words can make you feel better

Holy #@!\$!!

Gee, I feel better already. And that's just what British scientists expect, saying they've learned cussing may be good for you.

Their study, Swearing as a Response to Pain, is published in August's NeuroReport, a journal "for rapid communication of neuroscience research." The findings by researchers at England's Keele University found volunteers withstood pain longer when they swore than when they used more dainty phrases.

So, just let loose when the pain comes.

It's something English chef Gordon Ramsay has put to use with wild abandon on his TV shows, but his pain is more often of the temporal kind, when kitchen wannabes burn the brûlée or char the Arctic char.

Real pain calls for tougher talk.

Dr. Richard Stephens, who led the research, said he got the idea for the study after watching his wife give birth to their daughter, spilling a slew of invectives as she pushed and pushed and pushed.

While stubbing your toe can invoke an unfettered stream of profane platitudes, it may also be an inherited guttural response from our hairy-backed ancestors when faced with fearsome predators.

Researchers tested how 64 students tolerated pain by having them plunge a hand into ice water while repeating swear words. They were then asked to do it again while saying non-offensive words to describe a table. They found dirty-mouthed volunteers could keep their hands submerged for about 40 seconds longer and felt the pain less.

TORSTAR NEWS SERVICE




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If you are a parent of a young child, chuck your baby wipes. They've been bleached in chlorine — a real no-no, since chlorine produces very toxic dioxins, according to Gillian Deacon's Green For Life. **TORSTAR NEWS SERVICE**

Going Green

Sprucing up your house?



Look for paints and floor finishes that are low in volatile organic compounds. They work just about as well as the more toxic varieties, according to Green Remodeling. Water-based polyurethane for floors isn't as tough as the oil-based version. But, on the other hand, it won't yellow over time. **TORSTAR NEWS SERVICE**

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

The non-stick cookware debate

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

This week we shift gears and go from considering the large global environment in which we live to the small local environment in which we also live. This small environment can be as small as your own kitchen. Just as we need to worry about what heavy industry is putting into the air we breathe, so too do we need to worry about what we ourselves are putting into our air and our bodies.

Recently there has been

much debate about the safety of using "non-stick" cookware. Now I have to admit, I love my non-stick pots. Whenever I try to cook in anything else I end up having to chip the food off the bottom of the pan with a chisel. This is less than appetizing. However am I trading safety for unperfected food?

Non-stick coating is made from fluoropolymers. These compounds can break down into perfluorooctanoic acid (PFOA), a suspected human carcinogen. PFOA is found at low levels in the blood of most North Americans. Are we getting it from our cookware though? As I check this out on the web some sites tell me that my pots are definitely toxic. Then I notice that many of them want to

sell me new pots. Other sites tell me that my non-stick pots are perfectly safe. Then I notice that some of them make the non-stick pots or the coating. Who to believe?

Most of the impartial information I find, including the U.S. Food and Drug Administration

and a leading scientific journal indicate that very little if any PFOA in our blood comes from non-stick cookware. The coating decomposes into PFOA at temperatures about 350°C (660°F). Temperatures for normal usage — frying meat 240°C (470°F), baking 230°C (450°F) — are well below these levels. In fact anything you have in the pot — butter, oil etc will start to smoke at 204°C (400°F) and in my experience this will set off your smoke detector. Any coating that flakes off your pan and gets eaten will pass right through you and will not harm you at all.

If you do heat a non stick pot above 350°C (660°F) and you breathe in the fumes you can get what is called polymer fume fever which gives you flu-like symptoms. It is reversed on breathing fresh air in humans but can be fatal to birds. So don't keep your canary in the kitchen if you are prone to burning pots.

The bottom line with pots is to weigh the health concerns about non-stick coatings against the health concerns of putting more fat in the pan so your food doesn't stick to a regular pan. I think for most people the fat is a greater health risk.

OK so that's where PFOA

isn't. Here's where it is.

Microwave popcorn bags. Most of these bags have non-stick coatings and when you heat your popcorn they decompose, leach into the oil and stick to your popcorn. If you eat just 10 bags of microwave popcorn a year, 20 per cent of the PFOA in your blood could be from popcorn.

Finally we need to take things back to the larger environment and consider where the non-popcorn PFOA in our blood comes from. A possible source is pollution from the industries that put the coating on the pan and in the popcorn bags. So use your non-stick pots but don't buy more than you need because the more we consume the more they create.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



New trend: Recycling for a cause

TREASURES We all know recycling is good for the environment, but have you ever thought about how recycling could help those who are less fortunate? With tougher economic times and job losses, a growing trend this year is finding a way to turn your trash into someone else's treasure.

Old electronics: That dated computer or cellphone might be old to you, but chances are it would be new to someone else. Most electronics we toss away still work, but are thrown away in favour of newer

models. Consider donating them to organizations that help provide job training for the unemployed.

Not just your old clothes:

Most of us have donated some old clothes to a local charity at some point but why stop there? Kitchen

items that aren't being used can find a new home at the local soup kitchen; unused toiletries would be appreciated at a women's shelter; and gently used children's toys are a welcome addition to any church.

Don't put nickels in the blue bin: You wouldn't put a bin full of coins out for the garbage truck so why give away

those cans? Aluminum cans can be traded in for money that you can use to support the charity of your choice. Kids love collecting cans around the neighbourhood and at school if it is for a cause they can get excited about.

Christian Children's Fund of Canada's, an international children's organization, website (ccfcanada.ca) offers a host of donation choices that kids here can send to poor children overseas — from a soccer ball to school supplies.

NEWS CANADA



4 tips to paint your community green

1 Make your gardens wildlife friendly. Grow climbing plants like morning glory, trumpet honeysuckle, purple clematis or Virginia creeper to attract butterflies and birds, or shrubs such as juniper, cedar, or northern bayberry to attract birds.

2 Improve the habitat of endangered or threatened species in your area. Find out which animals are at risk. Once you know, apply to the Canon Canada Nurture Nature Awards at canon.ca/donations_sponsorships for the opportunity to

win \$20,000 to fund your initiative. Submissions will be accepted until Sept. 1.

3 Buy locally. Not only does it reduce food kilometres, but it supports enterprising community members. Leave the car at home — take transit, hop on a bike or walk.

4 Reduce, reuse and recycle all at once by hosting a community yard sale. Purge your home of things you no longer need — which might be treasures for some bargain hunters — and take any leftovers to Goodwill.

NEWS CANADA



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Union workers in Ontario nickel mine set to strike

Union workers at Vale Inco's Sudbury, Ont., nickel mine rejected the company's final contract offer and were set to strike at midnight this morning, the United Steelworkers union said Saturday. Negotiations between Vale Inco and its union broke down last week. **REUTERS**

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Business



GM, eBay eyeing program

General Motors and its dealers are aiming for a test program with eBay Inc. in California that would allow customers to bid on new vehicles or buy them at a predetermined price online, the automaker said on Friday. eBay said it has been in discussions with GM to identify ways to help dealers market vehicles but no plans had been finalized at this time. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

China pursues resource buys

China's purchase of a \$1.74-billion stake in Teck Resources may be just the opening move from the world's top resource consumer to use its unique wealth to become a key source of mining capital for Canadian firms.

Teck said last week it sold a 17.2 per cent equity stake to state-owned China

Investment Corp. in a deal that lets the Canadian miner pay down its debt while expanding China's portfolio of commodity investments.

The deal underscores how deep China's pockets are at a time when many sources of credit and financing have dried up in the global recession, even

Commodities

• Teck is a major producer of copper, metallurgical coal, zinc and gold, all commodities sought by China.

for the biggest miners.

"Most people thought China would take advan-

tage of this dip in commodity prices and, because they're the only ones with money, take advantage of this financial situation we are in. They have come through big time, be it oil and gas, or any commodity you can think of," said David Davidson, an analyst with Paradigm Capital in Toronto. **REUTERS**

Digital generation not lazy, just different, author argues

Grown Up Digital

Author: Don Tapscott
Publisher: McGraw-Hill
Price: \$30.95 (Hardcover)



REVIEW The modern institutions of days gone by are fast becoming lacklustre, archaic systems of bureaucracy that are ultimately failing the largest generation, the Net generation.

Prolific author Don Tapscott's newest book,

Grown Up Digital, a follow-up to his first book on the topic, Growing Up Digital, sizes up the first generation to grow up completely in the digital age. They grab new gadgets and immediately begin using it, whereas their parents will spend hours combing a manual and still be baffled.

To cynics, this generation appears unfocused, antisocial, and A.D.D. Tapscott wholly disagrees — a very refreshing perspective that now gives me a bit more peace of mind, knowing how much time I already spend Facebooking and Twittering.

CRAIG LUND/
FOR METRO CANADA

Jobless rate hit 11-year high in June: StatsCan

STUDY Hiring across sectors such as financial services, insurance, real estate, information and recreation in June helped offset job losses in manufacturing, the most recent report from Statistics Canada shows.

As a result, Canada's unemployment rate edged up 0.2 per cent to 8.6 per cent last month, to its highest

level in 11 years.

Economists had been bracing for much worse. A surprisingly low 7,400 jobs were lost in June, compared with 42,000 in May. In total, 454,000 jobs have been lost since October.

It may also be a sign that the worst of the recession has passed, economists say.

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Business In brief

L'AQUILA Leaders signalled the demise of the G8 Friday, saying only a forum including major developing economies could decide on global issues. The group, comprising the U.S., Japan, Italy, Germany, France, Britain, Russia and Canada, met the leaders of China, India, Brazil, Mexico, South Africa and Egypt at its summit this week, spontaneously forming the so-called G14.

ENERGY The growth of an often overlooked item on the balance sheet of U.S. weekly oil inventories shows the market is fundamentally out of balance. The rise of the amount of "unfinished oils" in the U.S. Energy Information Administration's snapshot of oil supply and demand means refiners are stockpiling the semi-finished oils in an effort to keep profit margins aloft. **REUTERS**

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We'll go farther together.

The Edmonton Eskimos signed import defensive lineman Mike Newkirk yesterday. The Wisconsin native was waived by the St. Louis Rams on May 14th. Newkirk played with Wisconsin University in the Champs Sports Bowl in 2008 where he recorded three tackles in a losing effort to Florida State. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Despite results, Stephen Hart needed behind the scenes

It's Called Football

Ben Rycroft

metronews.ca/justsoccer

Stephen Hart should not be made the full-time head coach of Canada's Men's National team.

There, I said it. Breathe. It wasn't easy.

Since taking over the coaching duties (once again) he has led the national squad to an undefeated record. And he has done it with a young squad missing some of its star power. And he has done it for no money.

So, why the Sam Hill shouldn't he be made head coach? Well, to put it simply, Hart can do better.

Right now, he's doing the job of two men — interim national team head coach and technical director of the Canadian Soccer Association. Hell, as technical director, he's doing the job of ten men.

So, if you're counting: That's the job of 11 men, by one man, making one salary. Quite the deal. Kind of makes you wonder where that savvy negotiating was when the last coach was inked.

In Hart, you have one of the clearest, most succinct soccer minds in the country. He is one of many who share an understanding of what needs to be done to develop world-class soccer players in this country — and one of the few who are actually in a position to do something about it.

I think back to January

when Hart came on the It's Called Football show. In a wide-ranging interview, the man from Trinidad and Tobago discussed the impact youth academies are having across the country, how to link streams of amateur player development into our professional and semi-professional ranks and, more importantly, stressed the importance of raising the level of technical coaching standards in Canada.

It was a complex, enlightening interview and a breath of fresh air. Afterwards, Ben Knight, co-host of the show and a man with 20 years of soccer writing under his colourful vest, turned to me and said, "Wow, this guy gets it."

"The man can't keep on doing the demanding work of both jobs — one side or the other will eventually suffer."

We've really got something here."

Got something, indeed.

The question now is what the CSA intends to do with Hart.

It's hard not to look back on the disastrous World Cup qualifying campaign and wonder what could have been if Hart had led the way. The players, by all accounts, love playing for him and, quite simply, he gets results.

And with Canada looking like it may make a run deep into the Gold Cup, the calls will certainly once again come to install Hart as the full-time head coach.

That would be a mistake. The man can't keep on doing the demanding work of both jobs — one side or the other will eventually suffer.

Getting results with the national team is the sexier approach, but developing elite level players for generations to come would be the smart one.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

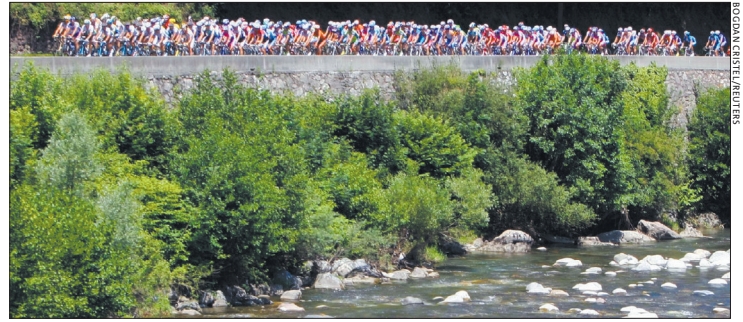
Lance chasing teammate

Seven-time champion Lance Armstrong is looking forward to the Alpine stages after losing 21 seconds to Astana teammate Alberto Contador in the first mountain finish of the Tour de France.

"We'll have more moments there when we'll see who's truly the strongest," Armstrong told reporters yesterday.

The 37-year-old was surprised by Contador's brutal attack in the ascent to Arcalis on Friday which put the Spaniard two seconds ahead of him in the overall standing as the race leaves the Pyrenees.

"I wouldn't say that I could have easily followed because it was an impressive attack," said the American, on his comeback Tour after almost four



The peloton rides during the ninth stage of the 96th Tour de France cycling race yesterday between Saint Gaudens and Tarbes. Rinaldo Nocerini held first place yesterday, while teammates Alberto Contador and Lance Armstrong remain second and third respectively.

years in retirement.

"I probably could have gone, but I didn't see it coming, and it wouldn't be correct for me to go across."

"So I waited for the other guys — I expected them to be able to pull it back, and

they didn't, but that's life, that's cycling, and I had to do the right thing."

Italian Rinaldo Nocerini wears the yellow jersey after nine stages of the three-week race.

Contador is six seconds

behind him with Armstrong third.

The rivalry between Armstrong and 2007 Tour winner Contador is likely to culminate next Sunday with a summit finish in Verbier, Switzerland. **REUTERS**

Bark at the Park Seals slam Caps



Marcus Nettles of the Edmonton Capitals breaks his bat in Golden Baseball League action yesterday against the Victoria Seals at Telus Field. The Seals won the game 11-5. It was also part of the club's Bark at the Park promotion, where fans were able to bring their canines to enjoy the game. Proceeds went to the Humane Society.

SFU becomes first Canadian school to join NCAA

KARL YU for Metro Canada

UNIVERSITY In a historic first, Simon Fraser University has been given membership into the National Collegiate Athletic Association's (NCAA) Division II. The Burnaby, B.C., school on Friday became the first non-American, post-secondary institution to gain acceptance into the association.

American competition is nothing new for SFU — its teams not only compete in Canadian Interuniversity Sport (CIS), but also the National Association of Intercollegiate Athletics (NAIA), which is comprised of U.S. schools.

SFU will go through a two-year transition, during which all of its teams will maintain their present course in the NAIA and CIS.

The teams could then

begin play in the NCAA Division II's Great Northwest Athletic Conference (GNAC) in 2011-12. They will face schools such as Central Washington University and Seattle Pacific University.

SFU will have to make some minor adjustments when the change takes place as NCAA student athletes are allowed to play for four years while CIS students can do so for five.

Sports in brief

WOMEN'S OPEN Eun Hee Ji of South Korea made a 20-foot birdie putt on the 72nd hole, finishing off an even-par 71 to win the U.S. Women's Open. Ji recovered from a double-bogey at the 10th hole and finished at even-par 284 yesterday, outlasting third-round leader Cristie Kerr.

ALL-STAR GAME Boston Red Sox second baseman Dustin Pedroia has withdrawn from tomorrow's all-star game to be with his wife who is in hospital, Major League Baseball announced yesterday. Aaron Hill of the Toronto Blue Jays will get the start at second base.

UFC Welterweight champion Georges St. Pierre showed off his superb wrestling skills and all-round smarts in winning a unanimous and dominant decision over Thiago Alves in the co-main event of UFC 100 on Saturday. In the heavyweight bout, Brock Lesnar stopped Frank Mir at 1:58 of the second round.

BASEBALL Minnesota Twins prospect and Toronto native Rene Tonsoni drove in the winning running in MLB's Futures Game yesterday as the World team rallied to beat the U.S. 7-5.

JAYS Brian Roberts went 2-for-4 with a double and two runs batted in, as the Baltimore Orioles got past the Toronto Blue Jays 4-2 yesterday in the rubber match of a three-game set at Camden Yards. The Blue Jays have dropped five of six and have won only three times in the last 15 games overall.

METRO NEWS SERVICES

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Metro Workology exclusive: Backstage Pass

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Measuring creativity

A new admissions index introduced recently by the U.S.-based Educational Testing Service is slated to assist graduate schools in determining whether an applicant possesses personal attributes such as creativity and resilience. The Personal Potential Index is an online-based system that allows applicants to identify supervisors or professors, who are then invited to evaluate students on six personality dimensions, including communication skills, teamwork, planning, and ethics. METRO NEWS SERVICES

Workology in brief

CANADIAN FORCES A new program has been launched that will provide children of Canadian Forces personnel killed while serving in active duty with four-year university scholarships. Called Project Hero, the program, which was launched by former Chief of Defence Staff General Rick Hillier, will begin on Sept. 1, 2009 and cover the cost of undergraduate tuition for four academic years, as well as the cost of on-campus residence fees for the first academic year for students who have lost a parent in a military mission. Currently, Memorial University, The Universities of Calgary, Ottawa and Windsor and the University of Ottawa are participating in the program.

YOUTH JOURNEY A long-term study between 2000 and 2008 of 22,000 Canadian youth aged 18 to 20 shows the most common sequence of events to adulthood for both men and women was to leave school, find a full-time job, leave the parental home, form a relationship and have children. However, the eight-year-long study found that more men left school and began working full-time earlier than women. The study also found that 43 per cent of the participants attended college, one per cent more than those who attended university. Interestingly, participation in all types of postsecondary education was higher for women than men.

HEATHER BUCHAN/
FOR METRO CANADA

Clarification

Last week an article headlined "One company's huge impact" incorrectly stated that Deloitte would be giving their entire staff a day off to volunteer for their so-called Impact Day as they had in years prior. Deloitte will not be giving a day off and instead will be encouraging employees to volunteer their own time, while off work on Sept. 26, to volunteer. Metro regrets the error.

OddJobs

Diane Peters

Will return

Next radio generation

Backstage Pass

BRIAN COULTON
for Metro Canada

It prides itself on "breaking new sound", it's Canada's only station dedicated to independent Canadian music and it can be heard on two different formats — online and satellite. But Steve Pratt says CBC Radio 3 isn't really a radio station at all.

"I know that sounds odd," says Pratt, the station's Vancouver-based director and director of digital programming for all of CBC Radio. "It's more like we try to be experts and help people discover new Canadian music. It doesn't really matter whether it's radio, video, blogging or social networking."

Instead, Pratt calls Radio 3 an "ecosystem" because its makeup is like a living, breathing, user-generated community — considering its huge user-generated content.

"A lot of the tools on the website are designed to help people discover and get to know artists and then be able to share stuff they like with their own social networks," says Pratt. That's reflected in the station's frequent use of blogs (each show features a unique blog-a-day by its host, inviting listeners to join the conversation), Twitter and personalized artist pages, which enable audiences to participate with, rather than simply consume, the station's outputs.

And if Radio 3 is an ecosystem, Pratt is its overseeing organism. He's responsible for strategizing



Steve Pratt is the director of digital programming for all of CBC Radio.

how best to synergize the station's distribution platforms, determining where to publish content (and what content should be published) and figuring out how Radio 3 can best raise awareness of new Canadian music.

While Pratt says he's not a poster child for a long radio career leading up to a certain point, he thinks the variety of genres and mediums he's bounced around between — including stints in entertainment journalism, local news, children's and comedy programming and at MuchMusic — has been more valuable than a lengthy radio tenure.

"The important thing is understanding how to reach audiences and tell stories that are specific to the medium that you're using."

But as mediums are changing so significantly in this digital age, what's most important to Pratt is also what he finds most challenging.

"No one has figured out what the future is going to be when a large chunk of that audience migrates

away from AM/FM or conventional television, or how many of them are going to

migrate over, or how they're going to make money or survive in a digital uni-

"We feel like we're up to our elbows in helping to figure out what the media experience is going to be for the next generation, which is cool."

Steve Pratt

verse," he says.

"We feel like we're up to our elbows in helping to figure out what the media experience is going to be for the next generation, which is cool."

For more of the Backstage Pass exclusive series check Workology frequently or stop by: metronews.ca/work

Car Insurance Myth #4:

If I have tickets or accidents, I will always pay a lot for car insurance.

Truth:

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Harry Potter stars Daniel Radcliffe and Emma Watson have urged the film franchise's bosses to burn their Hogwarts school uniforms when the series wraps — because they hated the outfits. **FEMALEFIRST.CO.UK**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Romantic spell

Plenty of heartache in new Potter film

HEIDI PATALANO
Metro World News

Watch out Edward Cullen, Harry Potter is growing up.

While doing press for the release of Harry Potter and the Half-Blood Prince, Daniel Radcliffe and teen co-stars Rupert Grint and Emma Watson don't bother to dodge the myriad of questions lobbed at them about their dating lives — even the ones about magic spells and love potions.

Watson says Radcliffe doesn't need them to snag a lady, just in case you were wondering.

Given that this sixth instalment of the Potter series spends a considerable

amount of time on the burgeoning romantic relationships between the lead characters, the young actors, now all around 19 years old, found the romantic-comedy moments refreshing.

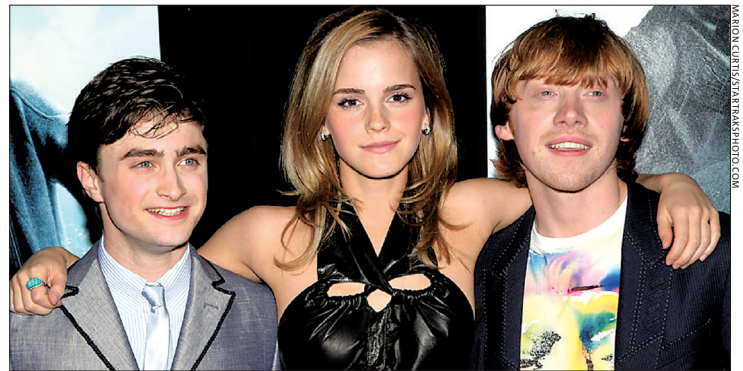
"If Hermione kept going in terms of the amount of worrying she was doing, she might've developed a hemorrhage, so it's nice that there's a bit of light relief for all of us," says Watson of her own character, who finds herself for the first time in the series, at the mercy of her

own hormones.

"This is Rupert's finest hour. He reveals himself to be a fantastic practitioner of comedy," adds Radcliffe about Grint, who in the film as Ron Weasley finds himself in his first relationship and trying out for the Quid-ditch team, with mixed results in both departments.

It becomes obvious throughout the interview that Radcliffe himself has a gift for inciting laughter — especially with his candid explanation of his own on-screen kiss.

Harry Potter and the Half-Blood Prince opens in theatres Wednesday



From left, Daniel Radcliffe, Emma Watson and Rupert Grint do a lot of growing up as Harry Potter, Hermione Granger and Ron Weasley in Harry Potter and the Half-Blood Prince.

"My God, my lips are like the lips of a horse," he says emphatically. "They were kind of distending away independently from the rest of my face and trying to encompass the lower half of hers, so I apologize."

If Half-Blood Prince shows the young actors to be growing up, it only seems appropriate that

David Yates, who picked up the role of director with the fifth instalment Harry Potter and the Order of the Phoenix, would continue with the series until its conclusion with Deathly Hallows — set to be released in two parts in 2010 and 2011 respectively.

"I'm trying to grow the films up and try to make

them feel a little more mature, a little bit more complex — and guiding these young actors to a mature phase of the films," says Yates.

"Outside of the film set, these actors are getting insights and bruises. It's encouraging them to bring more of that to what they do on the screen."

#	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	2	CFRN	239 318	etalk	Hollywood	CSI: Miami (HDTV)	Law & Order	Law & Order: Criminal Intent	News (N)			
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Great American Road Trip	Law & Order: Criminal Intent	Dateline NBC		
	4	CBXT	- 307	Coronation St.	Triple Sensation (DVS)	Just for Laughs		CBC News: The National	The Hour			
	6	KREM	- 372	News (N)	Hollywood	The Doctors	How I Met	Engagement	Two/Half Men	Big Bang Th		
	7	CKEM	241 347	Law & Order: SVU	Here Come the Newlyweds (N)	The Bachelorette (N)			Your City			
	8	CITY	240 339	ET Canada	Entertainment	The Unit "Gone Missing"	House (HDTV PA)	Lie to Me (HDTV)	News Hour			
	11	OMNI	-	Two/Half Men	The Simpsons	News	The Simpsons	King	Metrolia			
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelorette (N)	News (N)			
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Engagement	Lie to Me (HDTV)	Wildcat TV		
	19	CHTV	-	The Insider (N)	EI News	Final 24 (N)	Engagement	The Soup (N)	News (N)			
news	22	KSPS	- 374	NewsHour With Jim Lehrer	'Allo, 'Allo!	Stevens Europe	Antiques Roadshow	History Detectives (N)	American-Hist			
	24	WTVS	- 364	History Detectives (N)	American Future: A History	Ten Trillion & Counting	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N)		
	15	CBCN	502	-	CBC News: The National	Ten Trillion & Counting	CBC News: The National	CBC News: The National	Ten Trillion			
	21	TWN	505 398	(S) EarthWatch One	EarthWatch One							
	27	CNN	500 500	Larry King Live (N)	Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360		
	46	CTVN	501 391	CTV News Tonight	News	CTV News	News	CTV News	News	CTV News		
	70	BNN	504 508	Squeeze Play	Market Call		Headline	Market Call	Berman's Call	Money Talks	Squeeze Play	
	20	TSN	400 400	(6) World Poker Tour	SportsCentre (HDTV) (Live)				Boxing			
	23	net	408 418	MLB Baseball 2009 State Farm Home Run Derby. From Busch Stadium in St. Louis.	Barrett-Jackson							
	47	SPEED	417 406	SuperCars	SuperCars							
sports	94	SCORE	410 403	(7:15) WWE Monday Night Raw								
	9	EDAC	267 351	Alberta Primetime (Live)	Stargate Atlantis (DVS)	Gossip Girl (HDTV)	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Primitime	
	14	YTV	552 543	iCarly	Prank Patrol	Prank Patrol	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-Lan	Falcon Beach	
	17	TREE	553 546	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	6TEEN	6TEEN	Futurama	Go, Diego, Go!	
	42	TOON	555 545	Ben 10	Johnny Test	Jimmy Two	Total Drama	The Suite Life	Wizards-Place	Life Derek	Robot Chicken	
	45	FAM	557 541	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Le Petit Monde	Km/h (SC)	Monk (HDTV) (SC)	TVA 22 heures	
	-	TVA	121 714	TVA 18 heures	Secré-salé	Les Gags	Sketch Show	CMT's Greatest	Cheer Moms	Cheer Moms	Cheer Moms	
	18	CMT	575 583	Cheer Moms	Hope & Faith	Hope & Faith	The Cleaner (HDTV)	Intervention "Trent"	Intervention			
	25	A&E	615 520	Intervention Relapse (N)	Obsessed (HDTV) (N)							
	26	MMM	571 581	I'm a Celebrity	Entourage	Gene Simmons	Restaurant Makeover	Unwrapped	Unwrapped	Food Jammers		
family	29	FOOD	603 561	Food Detective	Get on Plate	At the Table	At the Table	Cashing In	Kink in Hair	Dr. Jekyll & Mr. Hyde (2008, Suspense)	Amer. Loggers	
	31	SHOW	617 522	Trailer Park	Trailer Park	The Outer Limits	Daily Planet	ET Canada	Til Debt-Part	Real Housewives OC	Trading Sp	
	32	DISC	520 505	Dirty Jobs	American Loggers (N)	In Laws	In Laws	How Clean	Kim	Love It or List It	Very Merry	
	33	SLICE	601 562	Nearly Dead	Nearly Dead	Style by Jury	Style by Jury	Little Couple	Little Couple	Little Couple	Cake Boss	
	34	W	602 567	Style by Jury	Style by Jury	Cake Boss (N)	Cake Boss	Law & Order	Without a Trace		Richard III	
	35	TLC	521 560	Little Couple	Little Couple	Opera Easy		Jesse James Is a Dead Man	CSI: Crime Scene Investgtn.	Amazing Video	Flighting to Berlin	
	36	BRAVO	620 523	(6) La Traviata (N)	4th and Long (HDTV) (N)	NCIS "Escaped"	Marine Machines	Star Trek: Next Gener.	The Simpsons	South Park	Kennedy	
	38	SPIKE	628 584	UFC Unleashed (HDTV)	4th and Long (HDTV) (N)	NCIS "Escaped"	Marine Machines	Star Trek: Next Gener.	The Simpsons	South Park	Kennedy	
	40	HIST	522 506	Earthquake: Nature Unleashed (2004, Suspense)	Trading Places ** (1983, Comedy)	Dan Aykroyd, Eddie Murphy.		Seinfeld	Trading Places ** (1983, Comedy)			
	41	COM	626 547	Laughs	Comedy Now	Air Force	Just for Laughs	Stargate SG-1 (DVS)	Star Trek: Next Gener.			
cable variety	43	SPACE	627 528	Earthquake: Nature Unleashed (2004, Suspense)	Trading Places ** (1983, Comedy)	Dan Aykroyd, Eddie Murphy.		Seinfeld	Trading Places ** (1983, Comedy)			
	44	WPCH	294 650	Trading Places ** (1983, Comedy)	Dan Aykroyd, Eddie Murphy.			Seinfeld	Trading Places ** (1983, Comedy)			
	46	OLN	411 457	(6) Cycling (N)	Bounty Hunter							
	48	TROP	619 525	North of 60 "Refugees"	Once a Thief							
	50	STAR	621 527	Canada's Next Top Model	Tonight Show-Conan O'Brien							
	52	HGTV	600 564	Marriage	My First Place							
	65	TLN	700 800	(6) Il Giudice Mastrangelo	Raymond	Raymond						
	92	APTN	269 530	MYTV	The Mix	Miywayawin	Metcom	Nedaa	Sharing Circle	Cowboy C'try		
	93	VISION	261 394	SOUL "My Way"	Secret Files of the Investigation	Living on Edge	Living on Edge	MTV Live	After	One Tree Hill		
	100	MTV	581 566	Living on Edge	Living on Edge	MuchNews		Question Period	Mediums	In Dreams		
cable variety	101	MM	570 580	Shot at Love-Tila Tequila	MuchNews							
	102	CPAC	512 396	(6:30) Primetime Politics	The Closer							
	103	VIVA	526 507	The Closer								
	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	Le National						
	161	SUPER		Skins "Cook"	Apparitions (HDTV)							

critics'corner

Lie to Me

Lightman becomes obsessed with his investigation of two women who committed suicide. The team tries to recover billions of dollars for investors who were scammed by a Ponzi scheme in "Depraved Heart." 10 PM on CITV KAYU



Intervention

Bret, 43, saw a promising real estate career sink under the weight of alcoholism as he struggled with the pressures of his job. Two years ago, he checked into a rehab facility after his family held an intervention, but he later relapsed, and his wife divorced him. Now his loved ones try to pinpoint what they did wrong the first time. 7 PM on A&E

House

While treating Dana Miller, a former cancer researcher who gave up her career to pursue her own personal happiness, House and his staff begin to question their own life choices. Thirteen begins to show serious reactions to her experimental treatment in "The Greater Good." 9 PM on CITV KAYU

Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning July 10:

- Brüno** \$30.4 million US
- Ice Age: Dawn of the Dinosaurs** \$28.5 million
- Transformers: Revenge of the Fallen** \$24.2 million
- Public Enemies** \$14.1 million
- The Proposal** \$10.5 million
- The Hangover** \$9.9 million
- I Love You, Beth Cooper** \$5 million
- Up** \$4.7 million
- My Sister's Keeper** \$4.2 million
- The Taking of Pelham 1 2 3** \$1.6 million

REUTERS

Kenya'sStyle



Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Chart-topper

Lauren Conrad's debut novel, *L.A. Candy*, has topped the New York Times bestseller list two weeks in a row. **PEOPLE.COM**



Flickinger to her BFF Paris: I'm just not that into you

Reality winner doesn't want to hang with Hilton — she wants to launch a perfume

MEL DARK
for Metro Canada

Brittany Flickinger, winner of Paris Hilton's My New BFF, season one, is "over it."

Standing in Toronto's Betsey Johnson boutique, Flickinger has a confident air that says, "Let's get the effin' BFF questions out of the way, if you don't mind."

You get the impression this girl is more no-nonsense tough than pink fluff. With the help of bed head and a few squirts of hairspray, she's effortlessly achieved the rock star look. "My hair is gross and awesome. I love it," she says.

So, to get the BFF ques-

tion out of the way. No — they are not still in contact. The "bestie" facade was short lived. They're not party sidekicks, they're not shopping partners, they don't swap boy stories over sushi or call each other up in a drunken stupor at 3 a.m. End of.

"It's going to take Paris a lot more BFF shows to find someone who'll tolerate her," she says.

Although the 24-year-old from Boston is currently based in L.A., she's not yet acclimatized to the scene, preferring grittier cities like Chicago, NYC and of course, Toronto.

Since the show ended, Flickinger has become a celebrity in her own right, travelling the globe for a series of appearances and endorsements.

From the MTV Video Music Awards in Japan and Australia to an appearance at the MMVAs in Toronto, we caught up with her just before she

left for the Calgary Stampede.

Asked if she's overwhelmed by all the attention, she replies, "Meh, not really." After all, she was a high fashion model for five years and went on to front a band in Las Vegas, so flash-happy photographers are no biggie. Her primary goal is her music (look out for details of an upcoming collaboration).

A fashion line is also on her wish list; outfits

that scream "dirty indie kid." In her own words, "I like to take what a guy wears and change its shape into a sexy girl version."

But she'd also like to try the acting thing. And a perfume would be great, of course.

So are there many contenders for

"It's going to take Paris a lot more BFF shows to find someone who'll tolerate her." Brittany Flickinger

Flickinger's BFF? Well, obviously.

But she's only interested in "real" friends — the kind who take you off speaker phone once in a while.

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BBC

Austrians find Brüno mildly amusing

FILM A shocking gay fashion reporter who dreams of being "the biggest Austrian superstar since Hitler" raised giggles when he hit Austrian cinemas Friday despite having rankled some who say his jokes go too far.

Brüno, a film from British comedian Sacha Baron Cohen, tells the story of a hapless television journalist from the Alpine city of Klagenfurt who takes his outrageous attitude and outfits to the United States in search of fame.

The film follows Cohen's surprise 2006 box office hit *Borat*, a fake documentary in which he played a Kazakh journalist.

Cohen's new alter-ego has upset some for gags such as saying the "Austrian dream" is to "have a job, find a dungeon and raise a family there" in a nod to Josef Fritzl, the Austrian man who locked up and raped his daughter in a cellar over 24 years, fathering seven children with her.

"The film isn't really

about Austria — sure there were clichés but it would have been funny with an Englishman or an American," said 33-year-old Sabine Doods, coming out of a Vienna cinema.

"It might make Austria famous for a little while." While Austria's new envoy to Britain called for a boycott of the movie, criticizing its "cheap" jokes, reactions to the film have been mildly positive in the Austrian press, though some called it repetitive.

REUTERS

Trouble's brewing In the Kitchen

BookPicks

In the Kitchen

Author: Monica Ali
Publisher: Scribner
Price: \$34.99 (Hardcover)

Life in the kitchen is no easy task for Gabriel Lightfoot, the chef at a London hotel. He must appease demands of the hotel manager and



handle a staff reflecting Piccadilly's multiculturalism, all while secretly negotiating with backers to open his own restaurant.

But the death of a night porter brews up trouble and upsets the balance in Gabriel's life.

The Devil's Paintbrush

Author: Jake Arnott
Publisher: Sceptre
Price: \$24.95 (Paperback)

This fact-based-fiction novel takes the real-life figure of Major-General Sir Hector MacDonald, a celebrated Victorian-era British Army officer, and recreates his final days, when his reputation was destroyed by allegations of homosexuality. With the occultist Aleister Crowley, MacDonald delves into the black-magic elements of Paris in 1903, leading to revelations about sexuality and imperialism.



Roadside Crosses

Author: Jeffrey Deaver
Publisher: Simon & Schuster
Price: \$29.99 (Hardcover)

Roadside Crosses, the third novel in Jeffrey Deaver's High-Tech

Thriller Trilogy, revisits the California Bureau of Investigation's Kathryn Dance, who's now focused on a string of crosses placed by someone to signal impending deaths — deaths in which victims are killed in ways reflecting information they've shared online. As the case progresses, Dance must put lives at risk in order to save them.

— BRIAN COULTON/
FOR METRO CANADA



Brittany Flickinger, winner of Paris Hilton's My New BFF, season one, poses during a recent photo shoot.

PHOTO: JOSH CORNELL; STYLIST: AMY LUDUDY INC.; CLOTHING: BETSEY JOHNSON

Less than a month after Kate Gosselin filed for divorce, Jon Gosselin and 22-year-old Hailey Glassman (the daughter of the doctor who performed Kate's tummy tuck) were spotted holding hands, usmagazine.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Stewart laughs off rumours

WHAT FUN Twilight star Kristen Stewart has been getting a kick out of the rumours flying around about her and co-star Robert Pattinson — including the latest that she's pregnant. Stewart is currently filming *The Runaways*, a biopic about Joan Jett's famous punk band. "Joan and Kristen managed to have a laugh about the rumour," a source tells *Life & Style*. **METRO WORLD NEWS**



La Toya suspects murder

CRIME ALLEGED One week after Los Angeles police confirmed that investigators had not ruled out homicide in the death of Michael Jackson, the late singer's older sister, La Toya Jackson, reveals that she suspects he was murdered, *usmagazine.com* reports the U.K.'s *Mail On Sunday* as saying. "I believe Michael was murdered,"

she said. "I felt that from the start. Not just one person was involved, rather it was a conspiracy of people. He was surrounded by a bad circle. Michael was a very meek, quiet,



loving person. People took advantage of that. People fought to be close to him, people who weren't always on his side."

She blamed this "shadowy entourage" for supplying him with prescription drugs. "They got him hooked on drugs," she said. "He was pure and clean and then drugs came back into his system. I think it shocked his system so much it killed him."

METRO NEWS SERVICE

Rowe on the frontlines

COURT BATTLE Debbie Rowe, the ex-wife and biological mother to two of Michael Jackson's three children, has kept a low profile since the singer's death on June 25. But now that a hearing has been scheduled at Los Angeles Superior Court on July 20 for temporary guardianship of the children, Rowe plans to be seen, *people.com* reports. "(Debbie) says that she

will definitely be at the custody hearing," says Marc Schaffel, a former business partner of Jackson's and a close friend of Rowe's.

Rowe's children — Prince Michael, 12, and Paris, 11 — have been staying with their grandmother Katherine Jackson at her Encino, Calif., home since the singer's death. Blanket (Prince Michael II), 7, Jackson's youngest child, was born from an unidentified surrogate.

METRO WORLD NEWS



Brit to switch faiths?

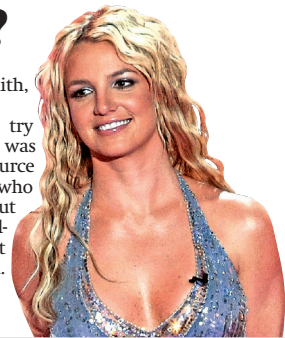
ALL FOR LOVE Britney Spears is reportedly so head-over-heels in love with her new boyfriend and agent, Jason Trawick, that she's considering changing her religion.

While hitting the road in Europe, Spears has been spotted wearing a Star of David necklace, and she's even recruited a rabbi to

help her study the faith, sources tell the Sun.

"Britney wants to try the religion Jason was brought up with," a source says of the singer, who was raised a Baptist but also dabbled in Kabbalah a few years back at Madonna's suggestion.

METRO WORLD NEWS



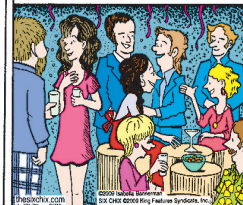
ComicsOnline

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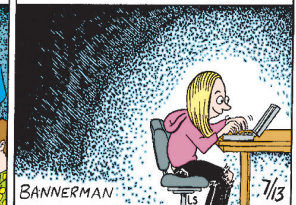


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Today

Showers.
23°C / 11°C

Tuesday

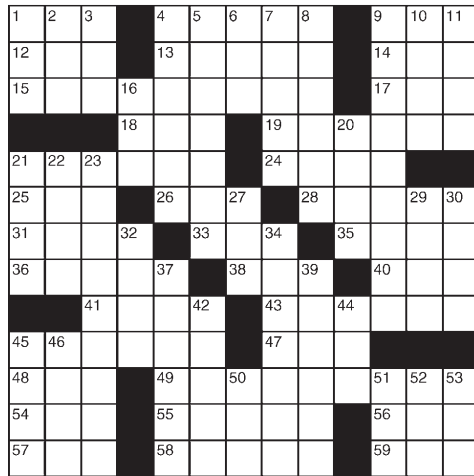
Morning clouds.
17°C / 11°C

Wednesday

Afternoon clouds.
23°C / 7°C

Michele McDougall, Weather Specialist & Host - Breakfast Television

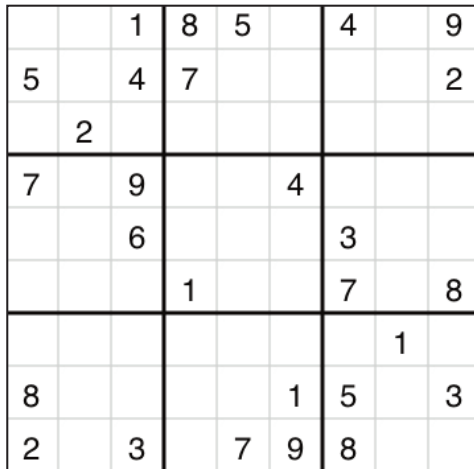
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" WEEKDAYS AT 6 A.M.



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Crossword across

1 Ocean motion
4 Fulton's power source
9 Winter ailment
12 Writer Buscaglia
13 Cognizant
14 Fleur-de —
15 They get jacked up
17 Exist
18 Umpire's call
19 Heart lines?
21 Vacationers' site
24 Fit of peevishness
25 Biblical verb ending
26 Unfamiliar
28 Hits with the open hand
31 Ella's specialty
33 Shad product

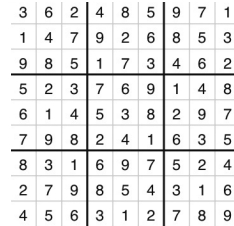
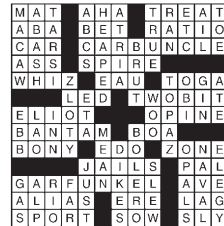
35 Member of the brass (Abbr.)
36 Pitch
38 Tolkien creature
40 Greek vowel
41 Lima's country
43 Very funny joke (Sl.)
45 Scandinavian nation
47 Gorilla
48 Myrna of movies
49 Mountain road feature
54 Rd.
55 Mark above an ð
56 Doctor's charge
57 "Certainly"
58 Watched surreptitiously
59 — for (choose)

Crossword down

1 Sprite
2 — canto
3 Squeezing snake
4 Ringed planet
5 Chirp
6 Listener
7 Geometry answers
8 Quarks + antiquarks
9 Levies based on a single percentage
10 Old Italian money
11 Works with
16 Additionally
20 Anger
21 Take 10
22 Engrave

23 Having keen sight
27 Travail
29 Townshend of The Who
30 Cicatrix
32 Pigeon —
34 Duel challenge
37 Takes with force
39 Drew from
42 Square
44 Prepared
45 Dispatch
46 Made on a loom
50 Foreman foe
51 E.T.'s craft
52 Agent, for short
53 Trawler gear

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 minGenius
13-17 minScholar

17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Bean and Mushroom Burgers

INGREDIENTS:

1 can (19 oz / 540 ml) red kidney beans
2 medium red onions
4 tbsp (60 ml) olive oil
2 tbsp (25 ml) red wine vinegar
2 tbsp (25 ml) light brown sugar
1/2 lb (250 g) cup mushrooms
1 clove garlic
1 tbsp (15 ml) garam masala
2 tbsp (25 ml) whole-wheat flour
Small bunch of fresh mint
Salt and black pepper
4 pita breads

METHOD:

1. Rinse beans well; spread on dish towel to drain.
2. For red onion relish, heat 1 tbsp (15 ml) olive oil in pot. Peel onions; slice one onion thinly and add to pot with vinegar and sugar. Bring to boil, stirring, then reduce heat and leave to simmer, uncovered, 15-20 minutes, or until onion is softened and slightly sticky, stirring from time to time. Remove pot from heat and keep warm.
3. Meanwhile, quarter remaining onion and put in food processor. Clean mushrooms, add to onion and process until finely chopped.
4. Heat another tablespoon

of olive oil in frying pan, add onion and mushroom mixture, and cook over fairly high heat, stirring occasionally, for 5-8 minutes, or until golden and dry.
5. Peel garlic, crush into mushroom mixture, stir in garam masala and flour and cook 1 minute. Rinse, dry and chop enough mint to give 2 tsp (25 ml). Remove pot from heat, add mint and season with salt and pepper.
6. Put beans onto deep plate and mash firmly with potato masher, then stir in cooled mushroom mixture.
7. Divide mixture into four; with lightly floured hands, shape portions into burgers.
8. Heat remaining oil in large frying pan, add burgers and cook over fairly high heat 6-8 minutes, turning once, until well browned. Warm pita breads.

9. Arrange burgers on warm plates and spoon onion relish over top. Serve with warm pitas and green salad.

SERVES 4

rd.ca



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20



If your conscience tells you that what you are being asked to do by someone in a position of power is wrong you must say, "No."

LIBRA

SEPT 23-OCT 23



You'll need some time to yourself today to get your head around changes in your life. If you don't feel up to a meeting of some kind, reschedule it.

TAURUS

APRIL 21-MAY 21



Don't let anyone talk you into accepting less than you're entitled to today — either on the work front or in your private life — no matter their excuses.

SCORPIO

OCT 24-NOV 22



Today you'll test the theory that the best way to break an obsession is to indulge it so much you get sick of it. One thing's for sure: you'll have fun.

GEMINI

MAY 22-JUNE 21



You won't lack for energy or ambition now that go-getting Mars is transiting your sign, but watch out you don't push yourself too hard.

SAGITTARIUS

NOV 23-DEC 21



A relationship has reached the point where you must either commit to it one hundred per cent or forget about it and move on to other things.

CANCER

JUNE 22-JULY 22



The time has come to face up to a fear that has been tormenting you for as long as you can remember. The danger only exists in your mind.

CAPRICORN

DEC 22-JAN 20



Let other people take care of details today. Keep your eye on the bigger picture and ensure the project you're working on with others stays on course.

LEO

JULY 23-AUG 23



You will have zero tolerance today for anyone who tries to confuse or mislead you. You demand the truth of your friends and colleagues.

AQUARIUS

JAN 21-FEB 18



Mars in your fellow Air sign of Gemini endows you with limitless self-belief. It also gives you the physical energy you will need to tackle a task.

VIRGO

AUG 24-SEPT 22



With Mars, planet of ambition, transiting the career area of your chart you can sense this is the time to make an impression at work. Make it a big one.

PISCES

FEB 19-MARCH 20



A highly personal situation needs to be dealt with and there may be tears before bedtime. Don't hold back if you've got something to say.

WORDY GURDY®

BY TRICKY RICKY KANE

1. Company glossary entry (1)
2. Highly uncommon pizzazz (1)
3. Crafty Hannah player Cyrus (2)
4. Doesn't have casual pants (1)
5. Quicker minister (2)
6. Pretty girl's "germs" or bug games (2)
7. Omitting reading a cut-out news story (2)

ANSWERS
1. FIRM TERM 2. RARE FLAIR 3. WILY MILEY 4. LACKS SLACKS
5. FASTER PASTOR 6. CUTS COOTIES 7. KIPPING CLIPPING

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